

A TENSION RELIEVING APPARATUS FOR ARMS AND NECK

Abstract of the Disclosure

A tension relieving apparatus for the arms and neck which combines a generally oblong shaped pillow with first and second ends having attached connecting members which are further attached to first and second resiliently tensioned arm supporting members. The interior portion of the pillow is at least partially filled with a cushioning material conformable to the shape of a portion
5 of the human neck. The arm supporting members allow insertion therethrough of human wrists and forearms and once so inserted generally sustain the forearms at a right angle to the upper arm. Via downward pressure on one or more of the arm members, compensating tension is applied to the neck affording the wearer simultaneous neck support and gravity negating ability to maintain one or more arms in a preferred position for typing activity.